



**2009 AYSO Region 9
Parent Handbook
www.aysoregion9.org**

*“ Where Every Kid Plays
and
Every Parent Volunteers ”*

AYSO Region 9 (Area E of Section 10)
P.O. Box 4914, Thousand Oaks, 91359

Calendar for Fall 2009 Season

Please check www.aysoregion9.org regularly for updates to this schedule.

April/May

4/4	First registration @ Aspen Elementary School
5/2	Second registration @ Aspen Elementary School

June/July

6/30	Last day for players to drop with full refund
7/13-17	UK Soccer Camp @ TO Community Center
7/29	MANDATORY Coaches Mtg @ Los Robles Golf Conf Center

August

8/2	Coaches Practice Lottery @ Conejo Creek South
8/8	Coaching Clinics @ Conejo Creek South
8/10	Practices begin
8/10-14	UK Soccer Camp @ Conejo Creek South
8/12	MANDATORY ALL Team Managers Meeting @ Los Robles Golf Conference Center
8/14-16	Intermediate Coach Clinic @ Conejo Creek South
8/23	U6-U12 Coaches Clinic @ Conejo Creek South
8/22	Coaching Clinics @ Conejo Creek South
8/24	U8 Referee training @ Los Robles Golf Conference Center
8/24-28	UK Soccer Camp @ Conejo Creek South
8/25-26	Basic referee training @ Los Robles Golf Conference Center
8/21-9/1	Basic referee training @ Los Robles Golf Conference Center

September

9/2	U8 Referee training @ Los Robles Golf Conference Center
9/3	MANDATORY Returning Referee Meeting @ Los Robles Golf Conference Center
9/12	Opening Day – season starts
9/26	Picture Day

November

11/21	Last game day
-------	---------------

AYSO Mission & Philosophies



PURPOSE - To develop and deliver quality youth soccer programs which promote a fun, family environment based on our philosophies:

Everyone Plays - Our goal is for kids to play soccer --- so we mandate that every player on every team must play at least half of every game.

Balanced Teams - We require every region at the start of each season to set up teams as evenly balanced as possible --- because it is more fun where teams of equal ability play.

Positive Coaching - What makes winning kids is being built up, not down! We train and encourage our coaches to make the extra effort to understand and offer positive help to our players, rather than negative criticism.

Open Registration - Our programs are open to all children between 5 and 18 years who want to register and play soccer. Interest and enthusiasm are the only criteria for playing.

Good Sportsmanship - We desire to create positive environment based on mutual respect, rather than a win at all costs attitude. All programs must be designed to instill good sportsmanship in every facet of AYSO.

To have the capacity to develop, provide and administer quality youth soccer programs throughout the United States.

Information for Parents and Players

Our program is open to all children between 5 and 18 years of age who want to play soccer. **Every parent or guardian is expected to volunteer for at least one job per team** during the 2009 season: coach, assistant coach, referee, team manager, or team volunteer (banner maker, snack bar, field crew, info booth). By registering your child, you are committing to volunteer and will be expected to honor that commitment.

How do I register?

Please pre-register your child in advance at www.eAYSO.org. Print, sign and bring the complete player registration form to walk-in registration at Aspen Elementary School on Saturday April 4 or Saturday May 2, 2009.

- A birth certificate is required for all players who did not play in Region 9 in the fall of 2008.
- Registration fee is \$125 per child (no mandatory fundraiser). Cash or checks are accepted but not credit cards. There will be a **\$25 charge for returned checks**.
- Full refunds are given only if you send your request to Registrar@aysoregion9.org on or before June 30, 2009.

At registration, an **evaluation**, not a try-out, **is required** of all players who

- Did not play in Region 9 in the fall of 2008; and
- Were born before Aug 1, 2001 (i.e. will be 8 or older on 7/31/09)

If your child meets these conditions but did not come to registration on April 4, please bring your player for evaluation only on May 2.

Region 9 offers a **VIP Program** with the goal of providing a quality soccer experience for children - and adults - whose physical or mental disabilities make it difficult to successfully participate on regular AYSO teams. The VIP (Very Important Players) program carries our philosophy of Everyone Plays® to new heights – giving everyone a chance to play. Contact our VIP Program Director at VIP@aysoregion9.org for more information.

What's included in my registration fee?

- Complete uniform including jersey, shorts, and socks
- Pictures (individual and team photo)
- Plaque for team sponsor
- Participation trophies for all players in age groups U6, U7 and U8
- 1st and 2nd place trophies in groups U10 thru U19
- Secondary Insurance at AYSO functions (practices and games)
- Free mini-camp – AYSO Day at CLU

What are the age divisions?

Division	Born Between
U6	8/1/03 and 7/31/04
U7	8/1/02 and 7/31/03
U8	8/1/01 and 7/31/02
U10	8/1/99 and 7/31/01
U12	8/1/97 and 7/31/99
U14	8/1/95 and 7/31/97
U16	8/1/93 and 7/31/95
U19	8/1/90 and 7/31/93

What equipment do I need?

UNIFORMS: A uniform consisting of shirt, shorts and socks is provided for your child at the beginning of the season and is yours to keep when the season ends. Do not iron the jersey. Players must wear the standard issued uniforms at game, not at practice. Players may not wear jewelry of any type (including earrings) or hard pony tail holders or barrettes as these items may cause injury during play. They also may not play with any type of hard cast.

SHOES: Although not required, it is strongly suggested that players wear “turf” shoes or soccer shoes - the low-sided “football” style shoes with rubber or plastic molded cleats (no metal). Shoes with toe cleats are **not** allowed.

SHIN GUARDS: It is only common sense to protect the vulnerable shins. Shin guards can and do protect the player. A player **must wear shin guards** at all practices and games.

BALL: Each player is encouraged to practice with a ball to develop skills & coordination. It is recommended that a “real” soccer ball be obtained.

U6, U7 and U8: size 3

U10 & U12: size 4

U14, U16 & U19: size 5

Please write player’s name on their ball for easy identification.

Who will be my coach?

We need volunteer coaches and are limited by the number of adults willing to receive training and certification. Want to coach? We’ll train you! Want more info? Contact Tom Becker at CoachAdmin@aysoregion9.org.

When will I hear from my coach?

Coaches are given their team rosters in late July. Most coaches contact their players soon after. However, some coaches may not be able to do so until August due to vacations or other commitments. Please help by ensuring that the email address and phone numbers on player registration form are up to date. If you have not heard from your coach by August 20, please contact your division administrator via email. Please refer to the board email directory at the back of this handbook.

Will I play every game?

Each player is guaranteed to play at least half of every game, regardless of his or her level of skill or aptitude, **if** the player arrives on time at the playing field for scheduled games prepared to play in the proper complete uniform, shoes, shin guards, etc. and is neither ill nor injured.

When and where do we play?

All U6-U14 games are scheduled on Saturdays at Conejo Creek South, 1300 E. Janss Rd. The field map and each team's game schedule will be posted on www.aysoregion9.org by September. Team managers will receive their team's game and volunteer schedules at the mandatory team manager information meetings in August (check our region's website for meeting date, time and location).

How often do we practice?

- U6: only on Saturdays, a half hour practice followed by game
- U7 & U8: once a week for one hour
- U10 & above: twice a week for one hour each

When and where do we practice?

As all of the coaches in AYSO are volunteers, practice times are scheduled at the coach's convenience during the week (Monday through Friday) and coordinated with the Region for field availability. Practice fields are located at Conejo Creek South, 1300 E. Janss Rd near 23 Freeway, where games are also held. Your coach will let you know date & time & location of your team's practice. The practice field maps will be posted on www.aysoregion9.org in August. Each player must arrange to arrive on time and be picked up on time. No uniforms are to be worn at practice. Cleats are best suited for most fields and should be worn at practices. Wearing shin guards is mandatory at practices as well as games.

It's raining. Will we be able to play or practice?

Conejo Recreation and Park District owns the fields at Conejo Creek South and makes the decision whether to close the fields or not. Please check our web site (www.aysoregion9.org) first for updated field conditions. Or

call the CRPD Field Condition Information Line **(805) 381-1236**, after 3pm weekdays, after 7am Saturday, after 8am Sunday for field status information. This phone line may be busy if everyone is calling. If there is any question dress players to play and take them to the field for their game/practice.

Are dogs allowed at practices or games?

While the Conejo Park & Recreation District may permit dogs to be present in some of their parks, for the safety of our players, **no dogs** are allowed on the fields during any AYSO event, including practices and games.

What should I eat and drink before each game?

It is important that young athletes eat well-balanced meals and remain hydrated in order to achieve optimal health and performance. Bodies need to be fueled by eating proper types of foods, such as 3-5 cups of fruits and vegetables a day. Parents should make sure that players arrive at practices and games fully hydrated. The American College of Sports Medicine (ACSM) provides the following guidelines for the maintenance of optimal hydration:

Before Exercise: 16 - 20 full ounces within the 2 hour period prior to exercise.

During Exercise: 4 - 6 full ounces.

Post Exercise: replace 24 full ounces for every one pound of body weight lost during exercise.

Who provides referees for the games?

All teams, except those in U6, **must** supply one volunteer referee or assistant referee to officiate one game each Saturday during the regular season.

- For U6, no referees are needed.
- For U7 and U8, you will be the referee for your own child's game along with one referee volunteer from the other team.
- For U10 and above, you will work with two other referees each game and will officiate games other than your child's. The Team Referee schedule is arranged so that there will be no conflict with your team's game. Usually your assigned game will be before or after your team's game.

Please remember that our AYSO referees are all volunteers and are entitled to the highest respect from coaches, players and spectators. The referee's calls shall be accepted without complaint. Many of the referees have no children playing in our Region and all of them gladly give their time to help us. Please show them the respect they deserve.

What are the requirements of each team?

- **Must have trained, certified & registered coach**
- For all divisions except U6, **must have trained, certified & registered referees**. We suggest at least 2 referees for each team.
- **Must have registered assistant coach and team manager**
- Team sponsor: \$175 per team for U6, \$225 per team for all others
- 1st team on field puts up nets and lines fields
- Last team on field takes down nets and flags.
- Everyone picks up trash at end of each game!

It shall be the responsibility of each team to supply its own refreshments and snacks after games. It is suggested that the best kind of refreshment is cool water. It is the responsibility of the coach and team parent participants to assure the absence of any drug, stimulant or other harmful substances in any refreshment given to any player.

What is the Region 9 All-Star program?

During the season, All-Star coaches are selected in all competitive divisions (U10 and up). These coaches observe players and invite them to join Region 9's All-Star teams at the end of the regular fall season. All-Star teams give players access to a higher level of play and coaching than we can offer in the regular season. Coaches are volunteers as in the regular season. However, the level of play is so high that we typically have coaches that have played in college and/or professional or even professional coaches volunteering. All-Star season typically starts practices and tournament play the first week of December and finishes in June. Costs are entirely funded by the parents, and optionally by sponsors that the team contacts. Costs can range from \$350 - \$700 for uniforms, warm-ups and tournament fees. Each tournament costs the entire team from \$450 - \$550 in entrance fees. Some tournaments require overnight travel that parents also must pay for. Learn more by checking out www.aysoregion9.org/AllStars/allstars.htm

How can I keep playing after the fall season?

For kids who want to keep playing soccer after the regular season, AYSO Region 9 offers **Premier League**. It runs from January to March, after the regular season and is open to players in U7-U14. Premier League stresses skills and fun so standings are not kept. Practices are held once a week.

- For U7, U8 & U10, games will be governed by the same rules that were used in the regular season.
- For U12, teams may be mixed to provide coed teams depending on the number of players registering.
- For U14, teams will be coed. Teams will play with smaller numbers and possibly smaller fields.

Check out www.aysoregion9.org for more details.

Can parents play too?

AYSO Region 9 has formed an **Adult League** (ages 19-99) for the purpose of giving adults the same opportunity as the youth of our community to learn and enjoy the game of soccer. Our goal is to provide a safe, fun and fair environment for all who want to simply enjoy the game and get plenty of exercise. This is NOT a competitive league, and standings are not kept. The league is open to everyone who is 19 years of age and older (Born before 8/1/1990), regardless of skills and/or experience. It is a coed league that follows all of the philosophies of the youth league. Registration starts April 4, 2009 for the fall season. Find out how to sign up at

www.aysoregion9.org/AdultLeague/AYSO_Adult_League.htm



By entering this Kids Zone, you agree to the following:

- Kids are #1
- Fun – not winning – is everything
- Fans only cheer, and only coaches coach
- No yelling in anger
- Respect the volunteer referees
- No swearing
- No smoking
- Leave no trash behind
- Set a proper example for our children

AYSO – IT'S FOR THE KIDS

Volunteers Needed

AYSO is an ALL-VOLUNTEER organization. The coaches, referees, instructors, board members, field people, snack bar workers, team parents, etc., are all unpaid AYSO volunteers. This season, Region 9 will have over 2500 children playing and will need over 250 coaches, 250 assistants, 250 Team Parents, 300 referees, and hundreds of people for field setup and snack shack operations to function. You do not need to have prior experience; we will train you for free!

Don't forget to sign up on eAYSO!

Please sign up as a volunteer at www.eAYSO.org. Even if you have volunteered in previous years, you still need to reregister on eAYSO, print and sign a new volunteer form each and every year. To finalize your volunteer registration, please bring your volunteer form along with your valid ID (e.g. driver's license) **in person** to any Region 9 training event or board meeting to have your form validated by a board member.

Coach/Assistant Coach

Coaching a team is one of the most rewarding opportunities. All first time AYSO coaches are required to attend training appropriate for their division. Contact Tom Becker at CoachAdmin@aysoregion9.org for more details.

Referee/Assistant Referee/Youth Referee

Interested in learning more about the 17 laws of the game? We will train you and provide the uniform and whistle. Region 9 also offers a Youth Referee program which allows kids age 12-18 to participate as a referee. Youth referee for U8 can be 10 or older. If you need more information, contact Steve Cruise at RefAdmin@aysoregion9.org.

Team Manager/Team Parent

The Team Manager is an administrative assistant to the coach and the primary communicator between the coach and the parents. All team managers are required to attend a team manager meeting in August to learn about their responsibilities and to obtain important team information for the season. Contact Marcy Watkins at Volunteers@aysoregion9.org for more information.

Board Positions

The region always needs good people to volunteer their time in various capacities on the Board of Directors. If you are interested, please speak with any current Board member or the Regional Commissioner.

Parents Code of Conduct

As a parent, you play a special role in contributing to the needs and development of youngsters. Through your encouragement and good example, you can help assure that all the boys and girls learn good sportsmanship and self-discipline. In AYSO, young people learn to work together, to sacrifice for the good of the team, to enjoy winning and deal appropriately with defeat - all while becoming physically fit and healthy. Best of all, they have fun.

Support Your Child

Supporting your child by giving encouragement and showing interest in their team is very important. Help your child work toward skill improvement and good sportsmanship in every game. Teach your child that hard work and an honest effort are often more important than victory - that way your child will always be a winner despite the outcome of the game!

Always Be Positive

Parents serve as role models for their children. Become aware of this and work to be a positive role model. Applaud good plays by your child's team as well as good plays by the opposing team. Support all efforts to remove verbal and physical abuse from youth sports activities.

Remember: Your Child Wants to Have Fun

Remember that your child is the one playing soccer, not you. It's very important to let children establish their own goals - to play the game for themselves. Don't put too heavy a burden on your child to win games. Surveys reveal that 72% of children would rather play for a losing team than ride the bench for a winning team. Children play for the fun of playing.

Reinforce Positive Behavior

Positive reinforcement is the best way to help your child achieve their goals and their natural fear of failure. Nobody likes to make mistakes. If your child does make one, remember it's all part of learning, so encourage your child's efforts and point out the good things your child accomplished.

Don't Be a Sideline Coach or Referee

Coaches and referees are usually parents just like you. They volunteer their time to help make your child's youth soccer experiences a positive one. They need your support too. Please refrain from coaching or refereeing from the sidelines. As a volunteer organization, there's usually always an opportunity for you to take your interest in coaching or refereeing to the next level and become one yourself!

Region 9 Board of Directors

Brigette Brazier	Regional Commissioner (RC)	RC@aysoregion9.org
Lily De los Rios	Assistant RC	AsstRC1_@aysoregion9.org
Therese Eyermann	Assistant RC	AsstRC2@aysoregion9.org
Claire Fratello	Assistant RC	AsstRC3@aysoregion9.org
Tracey Tamburri	Assistant RC	AsstRC4@aysoregion9.org
Mary Hobert	Asst Commissioner, Upper Division (U16 and U19)	AsstRC_Upper@aysoregion9.org
Martin Usher	Child & Volunteer Protection Advocate	CVPA@aysoregion9.org
Tom Becker	Coaching Administrator	CoachAdmin@aysoregion9.org
Scott Barshay	Dream of Fields & Snack Bar Dir	Dream@aysoregion9.org
Doug Overton	Field Director	Fields@aysoregion9.org
Steve Cruise	Referee Administrator	RefAdmin@aysoregion9.org
Marla Steinhilber	Registrar	Registrar@aysoregion9.org
Steve Ferry	Safety Director	AsstRC_Ops@aysoregion9.org
Leslie Escoto	Secretary	Secretary@aysoregion9.org
Wayne Lorch	Treasurer & Picture Day	Treasurer@aysoregion9.org
Marcy Watkins	Volunteers Director	Volunteers@aysoregion9.org
Chuck Huffer	Webmaster	Webmaster@aysoregion9.org
Debbie Baltau	U6 Boys Div Administrator	DA_U06B1@aysoregion9.org
Karun Kapur	U6 Girls Div Administrator	DA_U06G1@aysoregion9.org
Michelle Kallman	U7 Boys Div Administrator	DA_U07B1@aysoregion9.org
Gretchen Evors	U7 Girls Div Administrator	DA_U07G1@aysoregion9.org
Matt Weiss	U8 Boys Div Administrator	DA_U08B1@aysoregion9.org
Don Ross	U8 Girls Div Administrator	DA_U08G1@aysoregion9.org
Dina Poteracke	U10 Boys Div Administrator	DA_U10B1@aysoregion9.org
John Benedict	U10 Girls Div Administrator	DA_U10G1@aysoregion9.org
Barry Johnson	U12 Boys Div Administrator	DA_U12B1@aysoregion9.org
Mielle Turner	U12 Girls Div Administrator	DA_U12G1@aysoregion9.org
Jim Polisini	U14 B & G Div Administrator	DA_U104BG@aysoregion9.org
Mary Hobert	U16 & 19 Div Administrator	AsstRC_Upper@aysoregion9.org
Bob Tokin	Asst. Coach Administrator	PostSeason@aysoregion9.org
Dave Hobert	Tournament Director	PotOGold@aysoregion9.org
Kathy Lefebre	VIP Director	VIP@aysoregion9.org
Sharlene Caldwell	Uniforms Coordinator	Uniforms@aysoregion9.org